

ABSTRACT  
TRAINING APPARATUS

This invention relates to a training apparatus, and in particular to an apparatus usable as a training aid for sports such as football, basketball, hockey etc. According to the invention there is provided a training apparatus comprising a number of substantially rigid targets arranged around a training area. The targets may be separated, and retaining means provided therebetween. The targets may be arranged on a base member, and be movable relative to the base member. The targets may be in the form of mannequins simulating teammates and possibly also opponents of the trainee.